

↓ Fresh deals, daily soups, can't-miss events, Co-op Basics and more—take a scroll and see what's happening at your Co-op this week.



FRESH DEALS

April 15th - 21st | OPEN TO EVERYONE

<p>Driscoll Strawberries WOW! Organic</p>  <p>\$3.99 Pint Save \$2.00</p>	<p>Melon Acres Asparagus from Indiana</p>  <p>\$3.99 / lb. Save \$1.00</p>
<p>Driscoll Raspberries Organic</p>  <p>\$3.99 6 oz. Save \$1.00</p>	<p>Stonyfield Squeezers Organic</p> <p>Perfect For School Lunches (Cherry, Berry and Strawberry)</p>  <p>\$4.99 8 ct Save \$0.50</p>
<p>Mo Mo Bite Fruit Filled Sandwiches local</p> <p>New Local Product, Healthy Ingredients</p> <p>\$9.99 4 ct Save \$1.00</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="background-color: #8e44ad; color: white; border-radius: 50%; padding: 2px 5px; margin-bottom: 5px;">Vegan</div> <div style="background-color: #2e8b57; color: white; border-radius: 50%; padding: 2px 5px;">NUT FREE</div> </div>	<p>Food Shed Co-op Roasted Whole Chicken</p> <p>Brined, Marinated, And Roasted To Perfection!</p> <p>\$12.99 each Save \$2.00</p> <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="background-color: #e91e63; color: white; border-radius: 50%; padding: 2px 5px;">High Protein</div> <div style="background-color: #9c27b0; color: white; border-radius: 50%; padding: 2px 5px;">HOUSE MADE</div> <div style="background-color: #9c27b0; color: white; border-radius: 50%; padding: 2px 5px;">Staff Pick</div> </div>

Fresh Deals - Fresh, flavorful, and priced just right 🌱🍓 This week's Fresh Deals bring organic berries, local favorites, and house-made roasted chicken to your table. Stock up, save a little, and eat well all week long. Stop in and see what's fresh.



Everyday essentials, priced low for everyone

By partnering with 147+ co-ops nationwide, we leverage shared buying power to keep prices down on clean, high-quality, **organic** foods. Enjoy reliable savings on staple items that make it easier to stock your pantry and prepare nourishing meals—without stretching your budget. Look for everyday low prices on canned goods, bulk beans and grains, dairy, and select personal care items. **Co+op Basics** is our version of a value brand except cleaner, organic and just better!

Owners Basket
April 15th - 21st | OWNERS ONLY SPECIALS

La Fermiere
French Yogurt
Delicious Whole Milk Yogurt

Staff Pick

2/\$6 4.4 - 4.9 oz.
Save \$0.49

Larry Shultz
Large Eggs
Eggs From Minnesota

Organic

\$4.99 12 ct
Save \$1.00

Cafe Spice
Cafe Spice Meals
Boldly Authentic, Ready In Minutes-
Variety Of Flavors

Gluten Free

High Protein

No Anti-Biotics

\$6.99 16 oz
Save \$2.00

Clementines

JUICY DEAL!

\$3.99 2 lb.
Save \$1.50

Red Potato

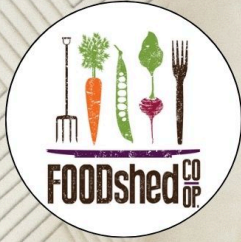
25% OFF

\$2.99 3 lbs.
Save \$1.00

Get your garden plants here
Food Shed Patio
PLANT SALE
May 16th 9AM - 2PM

Owner's Basket (Owners Only) - Exclusive savings on everyday staples like eggs, yogurt, and quick, ready-to-go meals—plus a few fresh favorites to brighten your week. Not an owner yet? There's never been a better time to join.

Become an Owner Now



DAILY SOUP MENU

Week of April, 15th - 21st
Available 11 AM - 8 PM

WED	Chicken & Noodle Pasta Fagioli Smoky Vegan	DF V VG DF GF HOUSE MADE
THU	Minestrone Corn Chowder Smoky Vegan	V DF V GF V VG DF GF HOUSE MADE
FRI	Minestrone Corn Chowder Smoky Vegan	V DF V GF V VG DF GF HOUSE MADE
SAT	Caribbean Jerk Chicken Roasted Vegetable Smoky Vegan	DF GF V VG DF GF V VG DF GF HOUSE MADE
SUN	Caribbean Jerk Chicken Roasted Vegetable Smoky Vegan	DF GF V VG DF GF V VG DF GF HOUSE MADE
MON	Chicken & Dumpling Mexican Meatball Smoky Vegan	DF V VG DF GF HOUSE MADE
TUE	Chicken & Dumpling Mexican Meatball Smoky Vegan	DF V VG DF GF HOUSE MADE

12 oz \$5.49 16 oz \$6.99



Soup season is still going strong 🍲✨ Fresh, house-made soups every day, every week—whether you’re craving comfort classics like Chicken & Noodle or something bold like Caribbean Jerk Chicken, we’ve got you covered. And yes... Smoky Vegan is served every day. Our signature vegan soup—made in-house with rotating vegetables, plant-based proteins, and legumes, finished with a rich, flavor.

Check out the latest! 
coop deals

CLICK HERE



For Cheeseheads and everyone else 🧀 🏆

 **We have a winner!**

After some fierce competition in our Cheese Madness bracket, **Meister Wild Morel & Leek Jack** from Wisconsin has taken the top spot! Our raffle winner is **Gretchen H.**

To celebrate, this fan-favorite cheese will be on sale all April long—so now's the perfect time to give it a try (or stock up if you already love it 😊). No foraging required—we've got that rich morel mushroom flavor waiting for you!

Tried it? Loved it? Tell your friends where to find it—and spread the cheesy goodness! ❤️

Go Bears

THIS SATURDAY, APRIL 18

Trash to Treasure Kids Invent-A-Con

Join Professor Henry for
Inventors Workshop

and see what amazing
creations kids can make
using reusable material!

Date: Saturday, April 18, 2026
Time: 11 AM - 2 PM
Where: Food Shed Co-opd Shed Co-op



[Learn More](#)



The Food System We Built, and the One We Need

Food Shed Co-op Board President and co-founder Scott Brix explores how today's global food system impacts our environment—from soil health to climate—and how local, regenerative solutions can help build a more resilient, sustainable future.



[RSVP for Free](#)





Learn—hands-on skills for **Earth Month** at the Co-op.

Date: Earth Day, April 22nd

Time: 5 - 7 PM

Place: Food Shed Co-op

Co-sponsored with the **Environmental Defenders of McHenry County**

Earth Day Event

The average American throws away about **80 pounds of textiles every year**, adding up to over **11 million tons nationwide**—with nearly **85% ending up in landfills or incinerated**. A core value of the Food Shed is to **champion environmentally responsible practices** and one way we can do this is to extend the life of what we already own. This Earth Month, join us to mend, reuse, and keep more out of the waste stream. 🌱 🧵

[Learn More](#)

WE GOT THE EVENTS!



Mark your calendar for these upcoming events at the Co-op!

- April 17 - BMP Talk - *The Food System We Built And The One We Need*
- April 18 - Kids Invent-A-Con
- April 22 - Clothing Repair / Mending Class
- April 25 - Seed School at the Co-op
- May 2 - Kid Fest at the Barrington park district
- May 9 - Grow Epic Tomatoes
- May 16 - Sixth Annual Plant Sale

There's something for everyone this spring—education, kid and family fun, and community connection. Click to get the details on our website.

[Event Details](#)

Clean - Flavorful - Chicken



YOU LOVE IT.

WE MAKE IT.



\$14.99 EACH

Amish Raised.
Citrus-Herb Brined.
Roasted Right.



AMISH COUNTRY
POULTRY

From Miller's Amish Farm in Indiana → to your kitchen → to you.

Clean. Flavorful. Ready by 2 PM daily.

Limited batches - grab yours

Juicy, tender, and full of flavor—our roasted chickens start with air-chilled birds from **Miller's Amish Farm in Indiana**, where animal welfare isn't a claim, it's a way of life. No added water. No shortcuts. Just clean, well-raised chicken, citrus-herb brined and roasted to perfection in-house.

Become an Owner-Member NOW and SAVE

Owners get more at the Co-op

For a one-time \$200 household investment, you become an owner—joining 2,700+ neighbors building a more resilient local food system.

Enjoy weekly Owner deals, 10% off one full shop each month, and exclusive updates—while supporting local farms and keeping dollars in our community.

Ownership means a voice and a vote. Together, we're shaping a grocery store—and a food system—rooted in community and resilience.



Click to Become
an Owner



[Investment Options](#)

Invest Your Money - Locally

As sales continue to grow, we're building momentum—and now seeking additional capital to strengthen operations and support a more resilient local food network.

We're a store owned by the people of this community—not a distant corporation—focused on keeping decisions, dollars, and impact close to home.

If that matters to you, this is a meaningful moment to take part—whether by shopping more often or investing. Be part of what we're building.

[Click to visit our website](#)



Food Shed Co-op

2390 Lake Shore Drive, Woodstock, IL 60098

(815) 687-8480

You've received this because you've subscribed to our newsletter.

[Unsubscribe](#)